

jurious to both, until, sometimes too late for remedy, the growth of the evil is seen by others."

The neurotic vicious circles associated sometimes with the digestive, sometimes with the cardiac, and often with the sexual apparatus, show themselves very frequently in a correlation of local morbid conditions, a tender ovary, a loose kidney, a chronic irritation of the colon, and so on, with the constitutional condition of irritable weakness, in which the subconscious sensory stimuli from the sources indicated, which, in ordinary health would never reach the sensorium, are elevated to the realms of consciousness, and become harassing realities to the sufferer. The pain is felt severely because the nervous system is sensitive, and has itself the effect of weakening the nervous system still further. Indeed, often in the normal human being the loss of self-control and of mastery over one's emotions, which is due to the physical weakness of a fit of acute illness, adds greatly to our sensitiveness of pain and distress.

A few words about the last in the group classified by their etiology—artificial vicious circles. These will, I think, be best illustrated by examples of over-dosage or the injudicious use of drugs, such as alcohol, tobacco, opium or similar narcotics, or the use of belts or other supports, to the exclusion of Nature's muscular mechanisms, and so on. The drug habit is but too familiar to us all. The old proverb applies, "*Vires acquirit eundo.*"

Alcoholism induces chronic gastritis, morning vomiting, loss of appetite, exhaustion, depression, physical, mental and moral, and the sufferer, on rising from a perhaps unrestful bed, promptly goes back, as the old proverb has it, "for a hair of the dog that bit him."

Tea, especially infused long and consumed in large quantities, causes dyspepsia and constipation by its tannin, habituates the nervous system to stimulation by its active principle, and induces an irritable weakness and a desire and need for more, which we see perhaps even more strikingly in the devotee of morphine.

The physician who knows digitalis vaguely, merely as a "cardiac tonic" and diuretic," if he finds a patient to whom he has been giving the drug suffering from small, feeble, rapid pulse, circulatory failure and suppression of urine, would probably seek by increasing the dose of digitalis to relieve the symptoms which are probably due to his already injudicious use of the drug.